

## Mountaingoat Yoga Centre - Nepean location - Summer 2010 Schedule

<b>Monday</b>		
9:15 - 10:15 am	<a href="#">Hot Power</a>	<a href="#">Julie</a>
12:15 - 1:15 pm	<a href="#">Hot Power</a>	<a href="#">Heather</a>
5:00 - 6:00 pm	<a href="#">Hatha Flow</a>	<a href="#">Debbie</a>
6:15 - 7:15 pm	<a href="#">Hot Power Basics</a>	<a href="#">Heather</a>
7:30 - 8:30 pm	<a href="#">Hot Power</a>	<a href="#">Camilla</a>
<b>Tuesday</b>		
9:15 - 10:15 am	<a href="#">Hot Power - Basics</a>	<a href="#">Camilla</a>
12:15 - 1:15 pm	<a href="#">Hatha Gentle / 50+</a>	<a href="#">Anne</a>
5:00 - 6:00 pm	<a href="#">Power Yoga</a>	<a href="#">Bronwyn</a>
6:15 - 7:15 pm	<a href="#">Hatha - Basics</a>	<a href="#">Barbara</a>
7:30 - 8:30 pm	<a href="#">Yin Yoga</a>	<a href="#">Mary-Heather</a>
<b>Wednesday</b>		
9:15 - 10:15 am	<a href="#">Yin Yoga</a>	<a href="#">Heather</a>
12:15 - 1:15 pm	<a href="#">Hot Power - Basics</a>	<a href="#">Melanie</a>
5:00 - 6:00 pm	<a href="#">Yin Yoga</a>	<a href="#">Anne</a>
6:15 - 7:15 pm	<a href="#">Pre-Natal</a>	<a href="#">Anne</a>
7:30 - 8:30 pm	<a href="#">Hot Power</a>	<a href="#">Heather</a>
<b>Thursday</b>		
9:15 - 10:15 am	<a href="#">Hatha - Basics</a>	<a href="#">Anne</a>
12:15 - 1:15 pm	<a href="#">Hatha</a>	<a href="#">Heather</a>
5:15 - 6:15 pm	<a href="#">Hot Power</a>	<a href="#">Judy</a>
6:45 - 7:45 pm	<a href="#">Hot Power - Basics</a>	<a href="#">Tara</a>
8:00 - 9:00 pm	<a href="#">Goodnight Yoga (Hatha- All Levels)</a>	<a href="#">Tara</a>
<b>Friday</b>		
9:15 - 10:15 am	<a href="#">Hot Power</a>	<a href="#">Melanie</a>
12:15 - 1:15 pm	<a href="#">Hot Power</a>	<a href="#">Julie</a>
On hold for Summer	<a href="#">\$5 Hot Power</a>	<a href="#">Bronwyn</a>
<b>Saturday</b>		
8:00 - 9:15 am	<a href="#">Hot Power</a>	<a href="#">Heather</a>
9:45 - 10:45 am	<a href="#">Hatha - Basics</a>	<a href="#">Heather</a>
11:00 - 12:15 pm	<a href="#">Hot Vinyasa for Strength</a>	<a href="#">Justine</a>
<b>Sunday</b>		
9:00 - 10:15 am	<a href="#">Hatha</a>	<a href="#">Tara</a>
10:45 - 11:45 am	<a href="#">Hot Power - Basics</a>	<a href="#">Tara</a>
4:15 - 5:15 pm	<a href="#">Hot Power</a>	<a href="#">Samantha</a>